



Go! Get your Vitality Check!

Keep your LivingWell Promise

If you chose a LivingWell health plan for 2016, take your Vitality Check or Health Assessment by May 1. Area health departments are making it easy! Attend one of the screenings and keep your promise!

The Vitality Check (biometric screening) consists of a finger prick to measure your cholesterol and blood glucose, a blood pressure check, and height, weight, and waist circumference measurements. The Health Assessment is an online survey. Sign in to HumanaVitality at LivingWell.ky.gov.

Attend a local screening

- No appointment necessary.
- Take your HumanaVitality ID card. Your HumanaVitality member ID number is on this card and will be used when you get your Vitality Check.
- Bring a photo ID.
- Fast for at least nine hours prior to your appointment.

Proof of completion

Hold on to your Vitality Check results form for immediate proof of completion. You can also log in to HumanaVitality, hover over "Get Healthy," and click "Achievement Dashboard." Click "Download as PDF" to save a document that can serve as proof of completion. Vitality Checks may take 4-6 weeks to appear following your screening date. Your online Health Assessment should appear on the Achievement Dashboard within 24 hours.

Get rewarded

HumanaVitality rewards you for completing your promise. Receive 2,000 Vitality Points just for completing the Vitality Check, and up to an additional 2,000 Vitality Points for results in healthy ranges. Earn even more points by completing the online assessment by logging in to HumanaVitality at LivingWell.ky.gov.

Locations

Lincoln Trail Health Dept.

108 New Glendale Road
Elizabethtown
April 8, 2016

Marion County Health Dept.

516 North Spalding Avenue
Lebanon
April 5, 2016
6:30-9:30 a.m.

Nelson County Civic Center

321 South Third Street
Bardstown
April 6, 2016
6:30-9:30 a.m.

Meade County Health Center

520 Hillcrest Drive
Brandenburg
April 7, 2016
6:30-9:30 a.m.

Contact: [Christina Turner](#)
270.769.1601

Can't make this event? Screenings are offered at no cost to you at a number of convenient locations. Find locations here. If you have your Vitality Check done at your primary care physician, an

office co-pay may apply, and you must submit proof to HumanaVitality. [Find the form here.](#)
Visit LivingWell.ky.gov for all your wellness benefits.

KENTUCKY PERSONNEL



Questions?
[Contact Us](#)